THE FOLLOWING ITEMS NEED TO BE PURCHASED AT A PHARMACY:

- Miralax, 238 gram bottle
- 64 ounces of Gatorade or Crystal light (no purple or red colors)
- Milk of Magnesia

ONE WEEK PRIOR TO YOUR PROCEDURE:

- Do not take aspirin, aspirin products, or non-steroidal anti-inflammatory medication. (This includes Advil, Aleve, Motrin, Excedrin or Ecotrin.)
- You may take Tylenol
- Check with your family doctor if you are on Coumadin, Plavix, Lovenox, or other blood thinners.
- If you are diabetic, you may need to adjust your medication. Check with your family doctor
- If you are taking Glucophage (Metformin), please stop this one day prior to the procedure

FIVE DAYS BEFORE YOUR PROCEDURE

- Do not eat nuts, seeds, popcorn, or corn.

ONE DAY BEFORE YOUR PROCEDURE

- Begin a clear liquid diet starting in the morning. This includes:
  - Soups: Clear Bouillon, broth
  - Beverages: Kool-Aid, Carbonated Beverages
  - Juices: Strained lemonade, orange drink, apple juice
  - Dessert: Water ices, Italian ices, popsicles, Jell-O
Preparation for Surgery – Miralax

- After noon on the day before your surgery, take three (3) tablespoons of Milk of Magnesia. Drink at least one 8 oz. glass of water after taking the Milk of Magnesia.

- Begin drinking the Miralax between 3 and 6 pm.
  - Mix the entire 238 gram bottle of Miralax with 64 oz. of Gatorade of Crystal Light.
  - Shake the solution until the powder is dissolved
  - Drink one (1) 8 oz. glass over 10-15 minutes until all of the liquid is gone

- You may continue on clear liquids until midnight.

- You may get instructions from START clinic of use of carbohydrate beverage prior to surgery.

- **DO NOT EAT OR DRINK ANYTHING BY MOUTH AFTER MIDNIGHT.**

**DAY OF YOUR PROCEDURE:**

- If you take blood pressure or heart medicine in the morning, please take these like normal with just a sip of water

- If your procedure is outpatient, you must have someone drive you home after the procedure because the medicine will make you very sleepy.

If you have any questions, please call (323) 865-3690